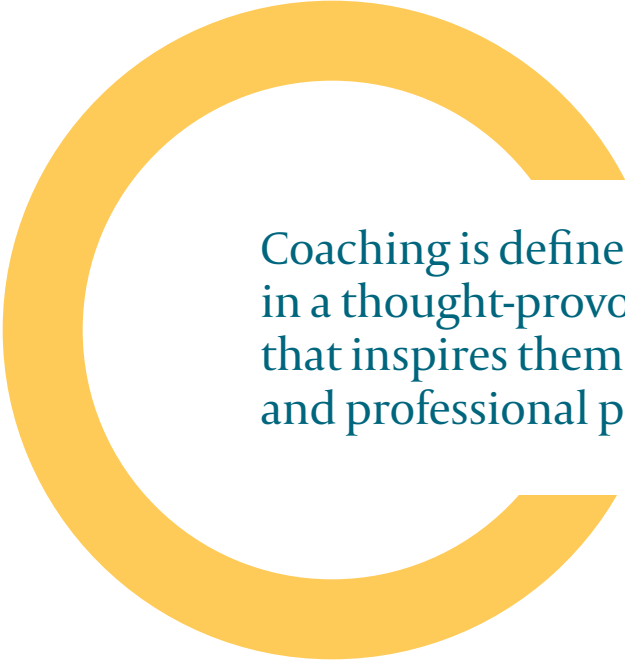


A decorative graphic consisting of two overlapping circles. The larger circle is yellow and the smaller one is teal. They overlap in the upper right quadrant, with a dark teal shadow effect where they intersect.

3

# Signs You May Be Ready For A Coach

**Bravium** 



Coaching is defined as partnering with a leader in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

Leaders often hire coaches because they want to get from A to B and aren't quite sure how to do just that! Like now.

It is tough to navigate leadership challenges and goals for your development.

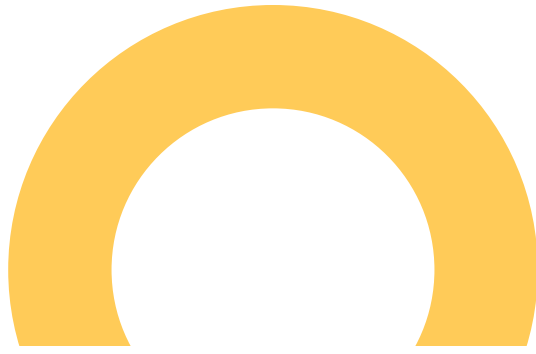
What is coaching?

Coaching is defined as partnering with a leader in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

We have had several leaders reach out in the last few days to say they are ready to invest in their development, and now is the time. They are creating space for coaching to happen.

**Here are three signs you may be ready for a coach!**





1



# You Feel Out Of Sync



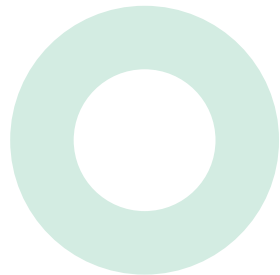
It can be challenging to recognize when you are feeling this way or even why you may be feeling this way. It is a natural chapter in our adult life cycle, according to authors Pam McLean and Frederic Hudson. Life brings us questions, planned and unplanned transitions, extraordinary opportunities, challenges, and predictable transitions. These turning points provide rare occasions to step out of life for a moment and pause to gain a new view.

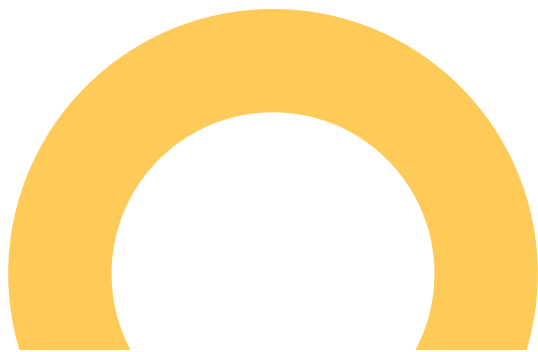
## Ask yourself:

- **Am I ready to create more focus in my life and work?**
- **Am I ready to grow personally and professionally?**
- **Am I open to building a new chapter?**

**Coaching helps you explore and dissect your options, create an action plan and stay accountable to it.**

You can let go of what's not working and redesign your future. You will leave your coaching sessions feeling more in control.





# 2

## You Are Ready To Level Up

This “pause” on life makes you want to go deeper. Maybe you were “too busy” to focus on yourself. Take this extra time to invest in yourself.

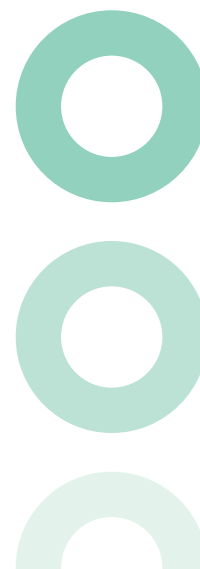
Am I ready to create and clarify a compelling vision for my life and work?

Am I ready to take action on that vision?

Am I willing to discover and change fears and beliefs that hold me back?

Fear and limiting beliefs often stand between where you are and where you want to be.

**A (good) coach will help you build a plan and work to achieve those goals that feel impossible, ultimately accomplishing more!**





# You Are Ready To Work Through Challenges You Are Facing

You have tried things on your own, or perhaps even sought out a few mentors, yet you're still not getting results. Coaching is for the moments when you know the answer is inside.

- **Am I open to trying new ideas instead of continuing to do the things that have not worked in the past?**
- **Am I willing to do the “work” between my coaching calls?**
- **Am I willing to invest time, money, energy into ME?**

A good coach can ask questions to facilitate learning and resourcefulness.

**Coaching will help you achieve what you never imagined possible.** (So long as you show up and do the work, of course.)

ARE YOU READY TO INVEST  
YOUR TIME AND ENERGY TO  
MAXIMIZE YOUR PERSONAL AND  
PROFESSIONAL POTENTIAL?

# You have options!

1

A Guided Mini-Retreat, just for YOU. And it is free!

What to expect?

- One self-reflection question per day
- Video guidance from a certified coach
- Free workbook for capturing your notes
- Daily wellness challenge

GO TO [BRAVIUMHD.COM/REFLECT](https://braviumhd.com/reflect)

2

Want to learn more about 1:1 Coaching  
or Coaching Circles?

Interested but want to learn more?

Schedule a zoom video call with Nicole Bianchi, master certified coach, to explore options [Request a Consultation](#).

EMAIL: [NICOLE@BRAVIUMHD.COM](mailto:nicole@braviumhd.com)



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